

Otolaryngology Program Coordinators' Newsletter



MAKE PLANS TO ATTEND!

SUO/AADO/OPDO/OPCO Combined Meeting

November 11-13, 2016
Grand Hyatt – Denver, CO

Plans are underway for an informative and stimulating Otolaryngology Program Coordinators (OPCO) meeting, November 12th in Denver, CO.

The OPCO planning committee is working hard to arrange for speakers/topics of interest that affect the busy everyday life of a residency program coordinator. This meeting is also a great opportunity for networking with fellow coordinators.

In addition to the OPCO meeting, coordinators are welcome to attend the Program Director's meeting (OPDO). The meeting program, hotel and registration information will be posted soon at www.suo-aado.org/.

MEET THE OPCO CHAIR

Becky Smith started her career in medical education in 1996 with the Department of Otolaryngology at the University of Kentucky assisting the residency coordinator with the program duties. In 1999 she was promoted to the coordinator position. In addition to her position as residency coordinator, in 2002 she took over the department's administrative staff officer position overseeing the administrative office and staff. In 2007 Becky was a founding member of the TAGME Otolaryngology task force charged with development of the TAGME Otolaryngology Assessment Exam. She received her TAGME certification in 2009.

In her spare time Becky loves spending time with family and friends on their 85 acres in the Daniel Boone National Forest enjoying wildlife, outdoor cooking with her grills and Dutch ovens, gardening and photography. She professionally decorated cakes for seven years before coming to the University of Kentucky. Becky is originally from Nonesuch, KY but calls Lexington her home.

2015-2016 OPCO OFFICERS

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Change is the law of life. And those who look only to the past or present are certain to miss the future.

John F. Kennedy

CHANGE

By Jane Adamson - Indiana University School of Medicine

Change. When you hear the word “change” does it bring up feelings of serenity, calm and peace, or anxiety, fear and resistance? If you are like most, probably the latter. However, the truth is, change is everywhere. For some, change comes in hills and valleys - for others, change is constant and an everyday friend or foe. Change occurs at work, home, with friends or family, globally or locally. Change can even occur at the most unsuspecting places - consider the grocery store. Everyone goes to the grocery store, but what happens when the aisles have been switched, turned around and moved? What was going to be a 15 minute trip turns into an hour of going up and down every aisle to find the products that have been shuffled around the store. How does this make you feel when you encounter changes at a place that is usually very consistent and seemingly innocuous? This brings to mind a change that I encountered on the road a couple of weeks ago. I was leaving my brother’s house on the north side of town and wanted to go south to the downtown area. The sign that lead south to downtown indicated that I would first have to go north to go south. What? I don’t want to go north to go south. I had just encountered my first Michigan left in Indianapolis.

Change can be big or small. Change can happen at any time and oftentimes when we are not expecting it. Change can set your world spinning or lead you to a place of great accomplishment and self-empowerment. Ultimately, change is constant and ongoing and is a vital component of our world and self-growth. How can we deal with change in a positive way? Let’s first look at the stages of change.

1. Resistance stage – What we are familiar with is ending and the tendency is to resist. A transition to something new is taking place. The hardest part of dealing with change is the transition itself. Remember during this time that everyone goes through change. Some change is created by you and some change is forced upon you. This won’t be the first or last time that you will have to go through change. Be in touch with your feelings and acknowledge them but don’t get lost in them.
2. Neutral stage – This is where the change happens and you feel the full impact of the change. Feelings of uncertainty and loss could be prevalent and you may question how you will get through the change. Take time to devise a plan to get through the change. Resistance, negativity and self-pity will not make the change go away. This will only keep you in the stage of confusion and uncertainty longer. Control what you can control. Be sure to take care of yourself. Exercise, eat healthy foods and get plenty of sleep.
3. New vision stage – The change is in place and as each day goes by you feel more comfortable with the new status quo. At this point usually the change has been accepted and – get this – will be the state that in the future you will be reluctant to let go of! Realize that you made it through and acknowledge the skills that you possess that got you through the change.

Here are steps to incorporate into your daily living that will help you navigate the waters of change:

1. Accept the change. Instead of dwelling on it, focus on making a plan to get through it and creating a positive future. Success in life depends upon realizing that there will always be change and remembering that change will help us grow.
2. Take time to think. This can be done through journaling, walks, talking to a therapist or friend to acknowledge the feelings that you are having. This can help you understand your strengths and weaknesses in regard to the change. This knowledge can help you to be mindful and intentional as you go forward through the change.

CHANGE CONTINUED

3. Take one day at a time. Concentrate on the “now”, today. Set small goals and try not to get too entangled in things that are not known. This only creates needless anxiety and worry.
4. Find a mentor. A friend or colleague that has been through something similar that you can talk with and bounce ideas off of as you go through the change process.
5. Learn to be an optimist. An optimist sees opportunities for growth through change. An optimist knows that change has something beneficial to bring to your life. Be open and aware of the great possibilities coming your way!

As you develop a positive attitude toward change you may begin to feel as if you are better prepared to navigate change in your life. Have you seen any of these signs in your life?

1. You're prepared. You're ready. You know that change is going to happen but you don't become the victim by longing for different circumstances. You know that your success depends upon your readiness to adapt, not everything staying the same.
2. You can reframe. Visionaries don't see their situations as a challenge, they see the situation as an opportunity to grow. They anticipate that there will be something positive in whatever the change is. We never know how things are going to work out. Those who are skilled in handling change have the confidence that they are capable of whatever the future holds.
3. You realize it's ok to fail. Change usually means risk. This is tough for our self-worth if it's been developed over time to believe that failure is never an option. The truth is that fear of failure can do more harm than good and the cost of doing nothing is much higher. If something doesn't go as planned, there is usually a lesson to be learned. Innovators remain open to what lies ahead for better or worse.
4. You move on from mistakes with confidence. Do what you can to fix the mistake, learn from it and go on. Don't beat yourself up. Mistakes can be a teachable moment that leads to self-growth. View mistakes as just that, nothing more.

Change can be an opportunity, but only when we bravely face the uncertainty and make a plan to get through it. As we navigate each change we build a foundation that roots down inside of us and builds resilience. The sooner we learn to accept change, embrace it and use it to better understand how we can build great lives for ourselves, the sooner change will help us move forward to a better place.



Is there a topic that you would like referenced in this newsletter? Let us know!
Contact Diann Fiscus at dfiscus@mcw.edu

LIFE LESSONS FROM DOCTOR SEUSS...

- Today you are you, that is truer than true. There is no one alive who is youer than you.
- Why fit in when you were born to stand out?
- And will you succeed? Yes indeed, yes indeed! Ninety-eight and three-quarters percent guaranteed.
- If you never did, you should. These things are fun, and fun is good.